



H1N1

What Childcare Providers Need to Know

The following steps should be taken by you to help keep children and staff in your program from getting sick with flu.

- ☐ Get the vaccine. Encourage your staff to get the vaccine. You care for young children. Get the vaccine.
- ☐ Practice good hand washing and help the children practice good hand washing.
- ☐ Cover mouth and nose with tissue or elbow when coughing or sneezing. Help the children to do the same.
- ☐ Continue good cleaning and sanitizing of surfaces and toys.
- ☐ Do Daily Health Check as children arrive and separate sick children. Staff and children should carefully follow exclusion criteria.

SIGNS OF A RESPIRATORY INFECTION

TEMPERATURE 100°F or
37.8°C

AND/OR

COUGH • SORE THROAT

RUNNY OR STUFFY NOSE

BODY ACHES • HEADACHE

CHILLS • FATIGUE

VOMITING • DIARRHEA

Children and Staff MUST stay home until fever has been gone for 24 hours without fever-reducing medicine, like Tylenol.